

**SMOKED MACKEREL & NEW POTATO SALAD WITH
BEETROOT DRESSING**

Ingredients : Smoked mackerel [FISH] (Mackerel 98% [FISH],Salt) ,
Small new potatoes , Beetroot cooked , Greek yoghurt [MILK] (Skimmed
Milk [MILK],Fresh pasteurised cream Fortified with milk solids [MILK],Live
bio cultures) , Sour cream [MILK] (Skimmed Milk [MILK],Cream
[MILK],Starter Culture) , Red onion , Beetroot juice (Beetroot Juice,Apple
Juice) , Lettuce , Micro watercress , White wine vinegar [SULPHITES]
(White Wine Vinegar,Preservative (Potassium Metabisulphite)
[SULPHITES]) , Fresh raspberries , Balsamic vinegar [SULPHITES]
(Wine,Water,Antioxidant (Sulphites) [SULPHITES],Concentrated Grape
Must) , Horseradish , Olive oil , Salt , Caster sugar , Caraway seed , Red
amaranth , Peppercorns , Stabiliser: xanthan gum

Not suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame
and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	430	245
Energy (KCal)	102	58
Fat (g)	4	2
of which Saturates (g)	2	1
Carbohydrate (g)	13	7
of which Sugars (g)	5	3
Protein (g)	2.49	1.43
Fibre (g)	1.69	0.96
Salt (g)	0.88	0.50

Total Weight : 175 ge